



Serves: 4

# Mataka Mattar Ka (Green Peas Kheer)

## Ingredients

- Low-fat milk 4 cups
- Frozen Garden Peas 150g
- Sugar  $\frac{1}{4}$  cup
- Green cardamom powder 1 tsp
- Green pistachio, cut into slivers 2 tbsp

### Tips:

- Milk and dairy products provide calcium which is essential for healthy bone growth and development.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat.

## Method

- Boil milk and reduce until half the quantity. Mix sugar and boil until it dissolves.
- Boil green peas, drain and blend in a blender until it forms a coarse paste.
- Add green peas paste and cardamom powder to the milk mixture and boil until texture thickens.
- Pour into 4 individual clay pots or glass containers and cool in refrigerator.
- Serve cold and garnish with pistachio slivers.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 212kcal  
Protein 11.0g  
Total fat (g and % of total calories)  
4.0g (16.6%)  
Saturated fat 1.9g  
Cholesterol 10mg  
Carbohydrate 33.9g  
Dietary Fibre 2.3g  
Sodium 132mg